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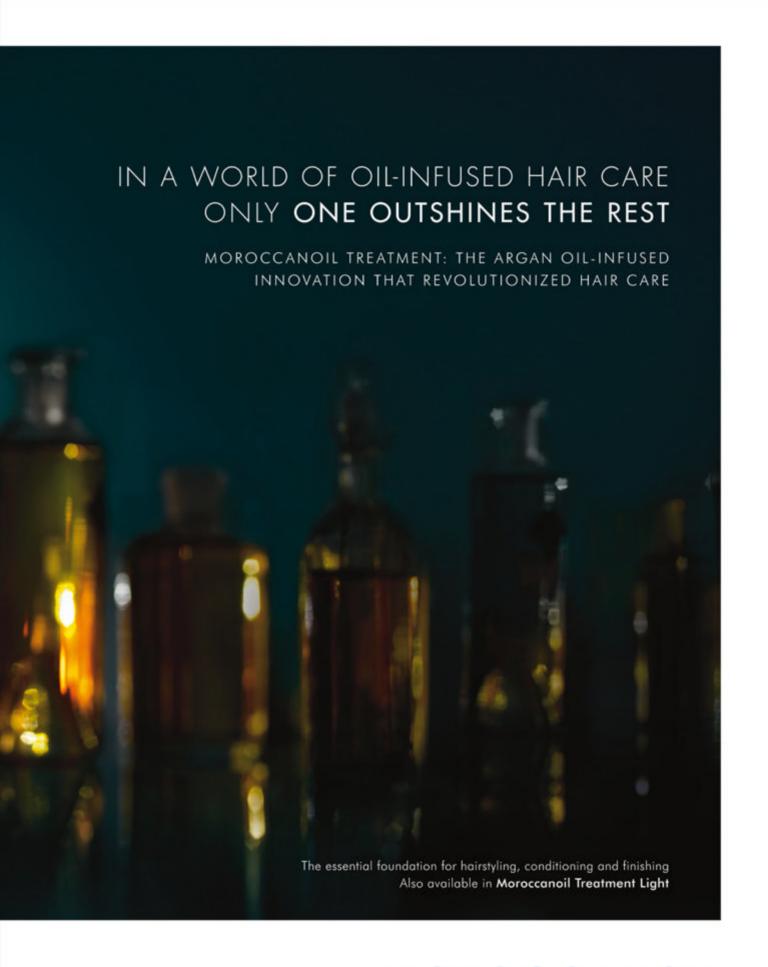
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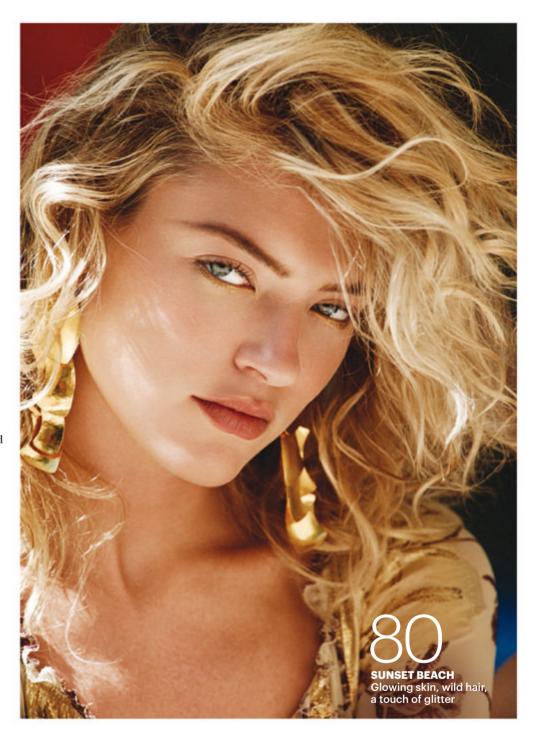
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To celebrate the twentieth anniversary of one of the greatest movies of all time (*Clueless*, duh!), we teamed up with Hard Candy to give away 50 bottles of the baby-blue nail polish that Alicia Silverstone made into a major '90s obsession. Just follow us on Snapchat

(@AllureMag) and check our Snapchat Story at noon ET on July 17 for exclusive access to the entry form's URL. You don't want to be a traitor to your generation, do you?



Sweatproof Summer Products

Stepping outside in perfectly executed makeup and feeling it slide off the second you hit the heat is deeply annoying. We found the best waterproof mascaras, stay-put lipsticks, and sweat-resistant foundations. They stand up to the swelter so you can keep your makeup where it belongs: on your face. Check out our favorites at allure.com/sweatproof.



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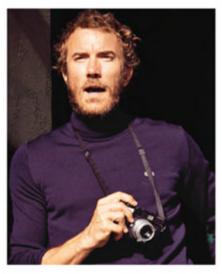
CLOCKWISE FROM TOP LEFT: JASON McDONALD; KAREN WISE; COURTESY OF SUBJECT (2)

Contributors



CARTER SMITH

To transform Taraji P. Henson into a disco star for "Hear Her Roar," Smith photographed the actress in a New York City nightclub, Gilded Lily. "They had just come through with some sort of industrial cleaner, so if you stood in one place too long, you would stick to the floor," he says. And even though Henson portrays a diva in the photos, in person, she was anything but. "What was so great about Taraji was that she was game for anything," says Smith. Unlike "someone who wants to micromanage everything from nail color to lash length, she was totally willing to try new looks."



CEDRIC BUCHET

The inspiration for Buchet's poolside shoot for "Summer Shade" was "a combination of childhood memories and the movies I grew up with," he says. After finding a location "with a vintage vibe," the photographer wanted to create a party atmosphere. He could have served a few cocktails, but instead Buchet directed one model, Talea Josephine, to push another, Kelly Cunningham, into the pool. There was only one downside to this party: "We had to pay extra attention to the equipment so it didn't fall into the water with the models!"



BROOKE HAUSER

"She's so candid and funny and off-the-cuff," Hauser says of Taraji P. Henson, whom she profiles in "Hear Her Roar." The frequent *Allure* contributor laughed during their lunch when a waiter asked Henson if she wanted him to clear her bowl of soup and the actress purred, "Not unless you want me to lick it." Hauser says, "She's so uncensored. It made her one of my favorite interviews." Henson also revealed a tender, more serious side: "When Lee Daniels [the creator of *Empire*] told Taraji that her son was her greatest accomplishment, it made her cry. She's tough, but she's very warm."



GINNY GRAVES

While investigating weight-loss methods for "Big Fat Lies," Graves was surprised by one discovery. "I've heard people say that it's better to lose weight slowly, but there's not a lot of evidence for that," she says. Any diet, regardless of speed, requires cutting calories, says Graves, and you will be hungry: "You're fighting a biological desire for food." Though some might find that disheartening, Graves sees it as empowering. "Nature is trying to make me keep this weight on, and it's my choice whether I'm going to accept that or fight it," she says.





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The Simply Stylist Conference is headed to the Windy City this July.

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Feedback

I can't wait to get my hands on the new @Allure_magazine. Why? Because the amazing, talented & flawless @blakelively is on the cover! #Allure @EveLoveMusic via Twitter

@Allure_magazine @blakelively

Blake is so much more than just a beautiful girl; she has depth and is wise beyond her years.

@yankefan
via Twitter

Wow! @blakelively looks amazing on this @Allure_magazine cover!! #rolemodel

@bevive21 via Twitter

@Allure_magazine Blake is so ahhhhh. IDK how to finish that. **

@thebuttahbenzo
via Twitter



Love the photos + words from Blake Lively's May 2015 Allure cover shoot. Truly an inspiration! @shawneerajala via Twitter





Laverne Cox is
STUNNING in @Allure_magazine's
nude photo shoot.
@ayecaleb
via Twitter

@Lavernecox posing nude for @Allure_magazine is the most inspiring image I've seen in a long time. Change really is happening! @jordandplatt via Twitter

Allure Regrets

A review in May's Directory misstated that a reporter experienced a burn during a wax at Spa Habitat in Dallas. In fact, she was not burned. See the corrected review in this month's Directory, page 76.



Letters should be sent to Allure, One World Trade Center, New York, NY 10007. You can also log on to allure.com/mail or email us at letters@allure.com. All submissions become the property of Allure and will not be returned; they may be edited and may be published or otherwise used in any medium. Beauty questions can also be submitted at allure.com/ask-allure.



For each issue, Allure relies on the insight of top doctors, makeup artists, and hairstylists. A look at a few from this month:



Yoon-Soo Cindy Bae

The clinical assistant professor of dermatology at NYU Langone Medical Center in New York City has written several chapters of books on laser surgery and scar revision. Bae talks about freezing body fat in "The Ice Age."

What does CoolSculpting feel

like? "We place a cold gel pack on the area before we put on the device, which gently sucks in the tissue and gets cold, like a Popsicle. When we place the gel pack, the patient is like, 'Oh, this is cold,' but they get used to it."

What can't it do?

"Some patients think it will solve all of their weight problems or that they won't have to exercise. But this is for treating pockets of fat that are resistant." What dermatology

trend surprises

you? "We get calls from patients who are younger than 18even 14-who want lip fillers. We say no."



Houman Danesh

The assistant professor of rehabilitation medicine at the Icahn School of Medicine at Mount Sinai in New York City is also certified in medical acupuncture. He looks at a new pain remedy in "The Ice Age."

Have you ever tried unconventional ways to relieve pain?

"I've been hypnotized before to see what patients experience. It's like a deep

meditative trance." What do people

need to know about

pain? "Sometimes the solution isn't about the pain. If you have back pain at work, vou don't necessarily need pills; you need an ergonomic evaluation of your desk."

You're also an assistant professor of anesthesiology.

What's the weirdest discovery

in that field? "That redheads need more anesthesia. It may be because of a missing receptor on a gene."



Sam McKnight

McKnight started his career cutting hair at a salon in Prestwick, Scotland. Forty years later, he takes a fresh look at old-fashioned pigtails, ribbons, and bows in "Sweet Spot."

What was your first big job in hair?

"I moved to London in 1975 and worked at Molton Brown, which was a very cool hairdressing salon. In 1980, I left and went full speed ahead on my own doing photo shoots."

At what moment did you think, I've made

it? "I thought I'd made it when I did hair for a lingerie shoot for British Voque at the Park Lane Hotel in London, which was very grand and a bit intimidating. Little did

I know that was only the beginning." What is your favorite **look?** "Anything to

do with the '70s. I love a flick or a little '70s volume. I don't like anything that's too stiff. [I like] stuff that moves, feels alive, more rich. more modern."



Pati Dubroff

In "Summer Shade," Dubroff, a makeup artist who works with Charlize Theron and Dakota Johnson, created sultry bronzed looks for evening parties.

What was your big break? "When I met

François Nars, I was part of a team for a fashion show. He asked me if I would be his full-time assistant. There were a lot of makeup artists and a

hundred models, so it's pretty amazing that he noticed me among the chaos."

Do you have other artistic talents? "I

would like to get into pottery, but it's so drying on the hands. Someday when I don't have to touch people's faces so much.

I can touch clay." What's it like working with celebrities on press tours? "It's

long days. They're choosing someone who is not only going to do a good lipstick but also someone they'll feel comfortable with all day."



James Hill

Hill is the cofounder of the National Weight Control Registry (NWCR), which tracks more than 10,000 people who have lost significant amounts of weight and kept it off for a year or more. He brings this perspective to "Big Fat Lies."

What have you learned through your work with

the NWCR? "You've got to concentrate on diet and exercise but also on sleep, stress, and mental fitness. In the long run, what works for weight loss is not sexy. It's moderation; it's eating healthfully; it's staying physically active."

What is your favorite healthy snack?

"I'm a big nut fan. Almonds are particularly good."

Any guilty

pleasures? "I could put cheese on everything. We're finding now that cheese probably isn't as bad as people think, but it is a little high in fat, so you have to watch it."





Hello, loyal readers who love to get awesome beauty products in the mail.

Starting in July, *Allure* proudly presents da, da, da, DAH!—the Beauty Box (formerly known as Sample Society).

Here's why you care: For \$15 a month, you'll get five samples delivered to your door by the USPS guy. And we're talking the good stuff—we've included Too Faced, Restorsea, L'Oréal Paris, Laura Mercier, Zoya, Alterna (all shown above), and others so far—and not in puny little sizes, either. Go to allure.com/beauty-box and sign up!

Beauty by Numbers



2300 B.C.: Estimated year Egyptian hieroglyphics depicting people massaging one another's hands and feet were created.

2,500: Number of years ago that Buddha received Thai massage from his physician, Shivago Komarpaj, who is arguably the forefather of the technique.

400 B.C.: Approximate year in which Hippocrates recommended relaxing body rubs for medicinal purposes.

10th: Street in Washington, D.C., where former gymnast Hartvig Nissen (who introduced Swedish massage to the United States) treated General Ulysses S. Grant for rheumatoid arthritis in 1883.

40: Percentage of physical therapy treatments for which massage was prescribed at U.S. Army hospitals in 1918. By the 1950s, massage had almost disappeared from military hospitals in favor of more active therapy.

2013: Year that 25 prehypertensive women received short weekly massages in an Iranian study, decreasing their blood pressure significantly compared with a control group.

10: Seasons of the TV show *Friends* in which Lisa Kudrow played Phoebe, a massage therapist.

3: Season in which Phoebe meets her long-lost half brother, who incorrectly assumes she does erotic massage.

4,790: Number of erotic-massage parlors across the United States included in a study on the underground-sex economy by the Urban Institute in 2014.

\$22,165: Average yearly income of a massage therapist in 2014, according to the American Massage Therapy Association. The average hourly rate was \$68.

\$100: Average hourly rate for an equine massage. Dog masseurs earn between \$45 and \$75 an hour.

62: Percentage of heterosexual men from 26 countries who said that giving or receiving a massage was among their sexual activities in a 2009 study; 58 percent of heterosexual women said the same. The activity was most popular among lesbians: 76 percent engaged in it.

1: Number of 45-minute Swedish-massage sessions found to improve the immune system in a 2010 study at Cedars-Sinai Medical Center in Los Angeles.

2014

Year the Mayo Clinic reported that lipomassage with a handheld machine may improve the appearance of cellulite, although the results are short-lived.



L'ORÉAL PARIS



Taraji P. Henson

The scoop from behind the scenes at our shoot.



The hair inspiration: Diana Ross, here in 1974 Henson's first *Allure* cover shoot took place at Gilded Lily, a nightclub in New York City. After a quick breakfast of scrambled eggs and orange juice, Henson flipped through racks of sexy evening dresses with *Allure* creative director Paul Cavaco. "Whatever you want, baby!" she said when he held up a jewel-encrusted Dsquared gown.

The actress wore a wig inspired by disco-era Diana Ross. A wind machine gave it some diva volume—and gave Henson watery eyes. Every few shots, the makeup artist and hairstylist stepped in to fix her smudges and reposition her curls.

When photographer Carter Smith captured the first "perfect" image of the day, Henson shouted, "We got it! We got the shot! Champagne for everyone, on me!" motioning to the prop bottles in front of her.

At the end of the day, Henson changed back into her black hoodie and harem pants and headed to a rehearsal for *Saturday Night Live*, which she hosted later that week. —**CHLOE METZGER**



Lurex chiffon dress by
J. Mendel. Photographed by
Carter Smith. Hair: Garren of
Garren New York. Makeup:
Hung Vanngo. Manicure: Sheril
Bailey. Prop stylist: Todd
Wiggjins of Mary Howard Studio.
Fashion editor: Paul Cavaco.
Details, see Shopping Guide.

Beyond the Cover

Empire's second season begins in September.



Makeup artist Hung Vanngo blended a reddish-purple cream blush on Henson's cheeks with his fingers. He dabbed on champagne and copper cream shadows, penciled chocolate-brown liner around her eyes, and tapped on a sheer, nude lipstick.





Henson's look can be re-created with the following: Chubby Stick Shadow Tint for Eyes in Ample Amber, Chubby Stick Cheek Colour Balm in Plumped Up Peony, and Clinique Pop Lip Colour + Primer in Bare Pop by Clinique.

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FROM TOP: JOE SCHILDHORN/BFANYC.COM; LIAM GOODMAN

Behind the Mask

I was waiting to board a flight when a woman in line behind me pressed something into my hand. "Use this on the plane," she whispered. "When you land, you'll look completely fresh."

She wasn't a drug trafficker. She was Sylvie Chantecaille, the founder of Chantecaille Beauté and an old friend. In the shiny foil packet was an eye mask, two perfect crescents soaked in a serum that contained bits of gold, no less. A half hour before landing, I stuck them under my worn-out eyes, downed a cup of coffee, and—poof!—no more jet lag.

I love a mask. Ever since I sneaked into my mother's bathroom and grabbed one off her shelf, I've been a fan. That first one, Helena Rubinstein Brush-On Peel-Off Mask, seemed designed expressly to tempt an eight-year-old poking through her mother's stuff. It was cobalt blue, with a primary-school Dick-and-Jane name and an irresistible similarity to rubber cement, which every third grader in history

paints on her hands and rolls off in satisfyingly sticky balls.

Masks were designed for slumber parties, for lazing around, for at-home before-and-afters. I used to make my own out of egg whites or oatmeal as if I were whipping up a batch of cookies. I graduated to the first-aid tape of a Bioré pore strip and eventually to pricey salon concoctions. One popular treatment in the '90s involved layer

upon layer of seaweed and algae that hardened into a shell. As it dried, I had to practice Lamaze breathing to keep from spiraling into a claustrophobic panic. After far too many minutes, the facialist whacked the mask with a mallet and lifted it off like a plaster cast. It was terrifying, but the results were wonderful.

There's a horror-movie theme to many of these

There's a horror-movie theme to many of these beauty treatments, particularly the Hannibal Lecter sheet masks that are everywhere now. They have the added benefit of giving a good scare.

I'm currently in love with the sadly undramaticlooking but deeply moisturizing La Prairie sleep mask, which comes with its own mini paintbrush. The instruction manual maps out the precise method and direction to stroke the thick cream over your forehead, cheekbones, and chin, as if that would matter (unlikely). With that mask on my face, six and a half hours in bed seem extra productive.

As much as I love them, I can't escape the feel-

ing that all these masks could use a dose of style. To that end, I've asked two fashion designers with newly minted beauty lines to add a little sex appeal to the category. I want those restorative serums and essences delivered with a bit of panache, perhaps a mask in black or gold lace, say, or maybe something in a leopard print. And please, nothing that requires a mallet to remove.



The remnants of my jet-lag cure

Linda Wells, Editor in Chief





BEAUX

OUR SUMMER HOT LIST, THE BEST HAIR SUNSCREENS, AND A COOL NEW CLEANSER

REPORTER

Lashes

Makeup artist Diane Kendal dotted false lashes with glittery silicone beads that looked like raindrops. Lips were a deep berry (M.A.C. Retro Matte

Lipcolour in Oh, Lady).

Haiv
To make the hair look w

To make the hair look wet, hair stylist Orlando Pita used shine spray, then combed hair into a ponytail and tied a strip of metallic leather at the base.

Nails

Essie nail polish in Forever Yummy matched the red in the clothes exactly. "We held the hands up to the fabrics," says manicurist Michelle Saunders. Carolina Herrera

Raindrop prints, ripples of icy-blue silk—Carolina Herrera's fall collection was inspired by water, and so were the hair and makeup. The slick ponytails and wet-looking lashes were intended for fall, but we're adopting them early. "It's how girls look when they come out of water," says makeup artist Diane Kendal. Or how we wish we did. —CATHERINE Q. O'NEILL

EDITORS' FAVORITES

Charlotte Tilbury x Norman Parkinson Bronze & Glow in Sun Tan & Sun Light.

This gold-flecked cream bronzer and highlighter will make you feel glamorous and exotic. That's Jerry Hall, circa 1975, on the compact. \$80.

Illamasqua Gel Colour in Fluster. This fuchsia blush is so sheer, it can be applied without a mirror. Bonus: The gel feels cool on hot skin. \$37.





Almay Intense I-Color Evening Smoky Trio for Brown Eyes.

This group of caramel, coffee, and mahogany shadows is rich, lively, and—when blended together—eye-opening. \$8.49. Physicians Formula Argan Oil.
One drop of vitamin E-packed argan
oil softens anything—and at this
price, you won't feel guilty slathering
it on elbows, knees, or your
boyfriend's stubbly beard. \$14.95.

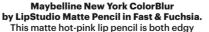


These jelly lacquers are like lip gloss for nails. One coat gives a sheer glow; multiple layers deliver almost neon brightness. \$27 each.









and pretty. And really clever: Use the nubby rubber tool to blur or clean up edges, or rub it in the center of your lips for an ombré effect. \$8.99.







CATHY CRAWFORD



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YOUR BEST BEAUTIFUL"

PETAL PUSHER

M.A.C. Giambattista Valli

Giambattista Valli has a thing for flowers. "They're a fetish of mine," says the designer, who whips up party dresses in dreamy floral prints. (Amal Clooney's poppy-strewn look was his creation—though he can't take credit for those stems.) So it's fitting that Valli's first makeup collection should manifest as a bouquet of lipsticks. "My dresses were the starting point," says Valli, who included fuchsia, rose, and cherry-blossom pink. A packaging detail adds practicality: Each bullet has a matching outer tube so it can be spotted in a bag. "I love when a woman jumps out of the shower, puts on lipstick, and walks out with wet hair," he says. Bloom, done.

—LIANA SCHAFFNER



WHAT IT IS:

A salty floral scent

NOTES:

Bergamot, pink ginger, magnolia, quince, amber, and beeswax

WHY WE LIKE IT:

Ocean scents are like seawater—they have a briny appeal that invigorates one minute and drifts away the next. But this fragrance has depth as well as brightness. Ripe citrus notes plus creamy magnolia and honey make for a sensual but splashy scent that's perfect for summer. And we love how the round flacon feels like a cool piece of sculpture in the palm of the hand. —L. s.

"I LOVE WHEN
A WOMAN
JUMPS OUT OF
THE SHOWER,
PUTS ON
LIPSTICK, AND
WALKS OUT
WITH WET HAIR."



FREE STUFF

This July, we're putting the free in freedom. The first 500 Allure readers to sign up at noon ET on these dates score a product! Go to allure.com/free-stuff.

-JENNA ROSENSTEIN



July 6
Cover FX

Illuminating Primer
This primer holds
foundation in place. It
also leaves skin so
dewy, you'll want to wear
it without makeup.



July 7
Juice Beauty

Green Apple Moisturizer
It has what you want in a
moisturizer (hyaluronic
acid, peptides) and nothing
you don't (parabens,
synthetic fragrance).



July 8
Shu Uemura
Wonder Worker

Whether you blow-dry or air-dry, just a few spritzes of this leave-in conditioner detangles, smooths frizz, and adds weightless shine.

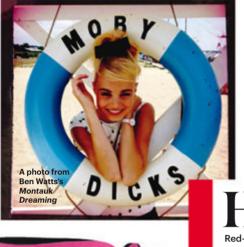


July 9 Simple Micellar Water

Drench a cotton pad with this clear liquid and sweep it over your face. Tiny cleansers called micelles pull makeup and excess oil from your skin no rinsing required.



Sally Hansen Miracle Gel in Teal Twin





Emi-Jay Flexx hair ties



Tarte Tarteguard 30 Sunscreen Lotion



Nunzio Saviano Anti-Frizz Sheets

HOT LIST

Red-hot cheeks, sexy braids, and the nail-polish shade that will make you book a lastminute trip. This is what we're loving this summer.

A thin stroke of yellow liner is both pretty and punk. Try NYX Cosmetics Slim Eye Pencil in Yellow.

1. Ocean-blue nails

Find a deep-turquoise nail polish that looks like the water in the Blue Grotto (or your vacation spot of choice).

2. An inspiring coffee-table book

"Montauk is a slice of paradise," says photographer Ben Watts, whose Montauk Dreaming is a sun-drenched book of surfers and pool parties in the laid-back Long Island beach town. "I wanted to capture a happy place."

3. Humidity-proof hair

We're packing Nunzio Saviano Anti-Frizz Sheets in our weekend bag—the coconut oil in each wipe tames windy wildness. (Just keep them away from fine roots.) Or pull all your hair into a ponytail with a neoprene Emi-Jay hair tie.

4. Ankle bracelets

Ankle bracelets are the accessory of the summer—and we're not talking about some rinky-dink chain. Think leather straps, neon-bright colors, and beads.

5. Fun sunscreen

The electric-purple bottle, the rubberized coating, not to mention the soft (not sticky) broad-spectrum SPF 30—we will actually be showing off our sunscreen this summer.

6. Red blush

The best blush right now isn't fuchsia or coral; it's flushed red. Dab the cream (lightly!) from apples to temples to keep the color sheer.

7. Water waves

Ready for the coolest braids ever? Create four cornrows (crossing pieces under rather than over) from your part to your ears. Douse the lengths with salt spray, like Bumble and Bumble Surf Infusion. —DANIELLE PERGAMENT





FOR PHOTOGRAPHERS' CREDITS, SEE CREDITS PAGE

A stack of bright





soften). You can't hold back, though. "The UV absorbers work best with a thick, even coating," says cosmetic chemist Randy Schueller. Since these are lighter than their predecessors, you can douse your hair without looking like you dipped it in melted butter. -LEXINOVAK

This brush is big enough to cover the whole nail, and its angled tip is perfect for square or squoval nails.



Butter London Nail Lacquer

Short, stiff bristles allow you to swipe on polish quickly but are also a bit hard to control.



Sally Hansen Complete Salon Manicure

This oversize rounded brush paints the entire nail in one stroke. If you have small nails, though, it can be messy.



OPI Nail Lacquer

Manicurists rave about this wide, square brush. It's precise, but the soft bristles fan out for fast, even coverage.



These flexible bristles allow light, consistent strokes for even color. If your manicures tend to look gloppy, this brush is for you.



Smith & Cult nail polish

For detail work and small nails, this brush is ideal. But the short stem and tiny cap make painting feel a bit like writing with a golf pencil.

For Frizz-Prone Hair: Living **Proof No Frizz Humidity Shield**

Spray it liberally from roots to ends-this aerosol fights frizz with OFPMA, an ingredient that's lighter than oils or silicones. The verdict: "It has the smoothing effect of a serum, minus any grease," said our tester with straight, frizz-prone strands. As for our curly-haired tester: "When I spray it on after styling, my curls stay bouncy and don't pouf up all day."

For Thick Hair:

Davines SU Hair Milk

This leave-in conditioner has glycerin and panthenol to

moisturize and smooth hair. The verdict: "The milky spray is a great detangler. It isn't quite rich enough to hydrate my thick, coarse curls, but it is perfect for my five-year-old daughter's curls. And I love the fresh, floral smell."

For Fine Hair:

Fekkai Pre-Soleil Hair Mist

Despite having silicones and moisturizing sunflower oil, this color-protecting shine spray is remarkably lightweight. The verdict: "It feels like there is nothing in my hair. And the sheen is subtle but pretty."

NEWS FLASH

Cooler Heads

Women are turning to Botox to extend their blowouts. "Some women who get Botox in their forehead have reported that they don't sweat as much around their hairline, and their blowouts last longer," says New York City dermatologist Francesca Fusco. "They're now asking to get a little injected in the scalp." But Fusco has yet to oblige. "If too much Botox is injected around the hairline to address sweating, you can get heavy eyelids," she says. We're sticking with dry shampoo for now. - JENNA ROSENSTEIN



Experience more than just protection. Experience soft, smooth underarm skin too.









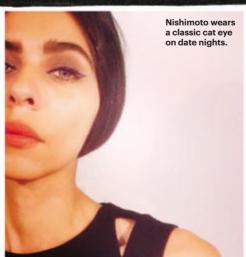
Heart Beats

Meeting cute has given way to Tinder, and billets-doux have been replaced by rapid-fire texts.

The dating game is not what it used to be—and prepping for it isn't, either. "You want to play it cool, like you're not trying too hard, even though you *are* trying hard," says style editor Jessica Joffe. Six women share their date-night beauty strategies, whether they're going out with their significant other or the person they swiped right on. —сатнегіне Q. O'NEILL







STACEY NISHIMOTO

Many women have a work uniform. Nishimoto, a makeup artist and stylist, has an after-work one: "a vintage white linen wrap dress with a plunging neckline. It hugs my body and shows skin without being too revealing."

Hair: "I part my hair down the middle, brush the front, and leave the back tousled for a '60s look. I finish with Bumble and Bumble Grooming Creme on the ends."

Makeup: "I use a raspberry-colored blush—it makes you look like you've been exercising; Hourglass Ambient Lighting Powder down the bridge of my nose

and cheekbones if we're going to be in candlelight; and always a cat eye."

Fragrance: "Byredo Parfums Oud Immortel is inviting and mysterious for a date."

Date-Night Spot: "Bottega Louie in Los Angeles. The noise factor is crazy, but it forces you to sit closer." Romance: "I love when I'm on a date and I feel shy. I'm a

confident woman, and this person gives me butterflies."





The blogger and photographer behind Where Did U Get That spends up to 30 minutes on her smoky eyes before heading out with her husband on

Makeup: "I paint shimmery charcoal cream on my lids and M.A.C. Eye Kohl pencil in Smolder on my lash lines. Blending is what takes the time. I tap a lime-colored eye shadow on the inner corners and finish with Benefit They're Real Mascara."

Hair: "I spray dry shampoo into the roots to get lift and a punky look." Fragrance: "Clinique Aromatics Elixir is very old, but men and women always ask me what it is."

Outfit: "Ripped skinny jeans, heels, and a loose vintage top."

Date-Night Spot: "We go to Bonnie, our favorite pub in Queens, at 4 in the afternoon, when it's half empty and

Romance: "I love when my husband, Michael, says something romanticlike 'I can't believe we found each other'-when I'm not expecting it."

At the New Yorkers for Children gala

Blanchard with her favorite smoky eyes



"I've used them so much you can see the bottom of the pans," says Blanchard of her makeup essentials.







The Diane von Furstenberg style editor is all about efficiency. **Hair:** "I let it air-dry so it's slightly wavy. Then I work Sachajuan styling cream around the hairline and ears, where it's frizzy. Makeup: "I'm a blush whore. Everyone looks so much better Rhubarb, an apricot pink, or Nars Blush in Deep Throat. Then I use Dior's Diorshow Mascara, which I layer with a clear topcoat that I found in Germany that makes any mascara waterproof."

Fragrance: "I douse myself in Frédéric Malle L'Eau d'Hiver."

Outfit: "3x1 jeans, a chill blouse from DVF, and flats or a very low heel, like the Valentino Tango shoe."

Date-Night Spot: "Omen A Zen in New York City is great for a twentieth date-it's so quiet and scene-y, it would be mortifying to be on a first date. If you have chemistry with









Tools of Attraction

Allure editors' date-night essentials.

"I have long hair, so I like to make it really soft, shiny, and touchable. A dollop of this cream makes it easy to blow-dry my hair straight, adds a lot of shine, and makes me feel sexy."



-ELIZABETH SIEGEL. **BEAUTY FEATURES EDITOR**

Leonor Greyl Éclat Naturel **Styling Cream**

"I wear this only on dates with my boyfriend. He can smell it across the room when I spray it

> and his eyes start to bug out."

-JENNA ROSENSTEIN, REALITY WRITER

Stella by Stella McCartney

"Nights out with my husband involve a lot of food (and wine). This pencil leaves a stain that lasts through a tasting menu. Honey is the perfect neutral."

-JENNY BAILLY, BEAUTY DIRECTOR



"My boyfriend doesn't like real perfume, but this light floral scent that I spray in my hair is a great alternative."



-IRMA ELEZOVIC, BEAUTY ASSISTANT

Fekkai Hair Fragrance Mist in Rose Fraîche

"I have big eyes and long lashes, and I like to emphasize them. And unlike lipstick, mascara won't fade or make you self-conscious while you eat or drink." -SOPHIA PANYCH. **DIGITAL BEAUTY EDITOR**



Make Up For Ever Smoky Stretch mascara

"I like to wear a dress and high heels when I go out, and this lotion gives my legs a nice sheen. In a warm restaurant, the orange-amber scent is really enveloping and delicious. I hope it reminds my boyfriend

of our trip to Italy." -LINDA WELLS. **EDITOR IN CHIEF**

Tom Ford Neroli Portofino Body Moisturizer







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FRANCESCO RUSSO

leather-and-goat-hair sandals, \$1,040 (neimanmarcus.com).





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Insiders Guide

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- Heather D. . Virginia

"This thing moved around my ankles, knees and underarms so easily."

- Sara F . California

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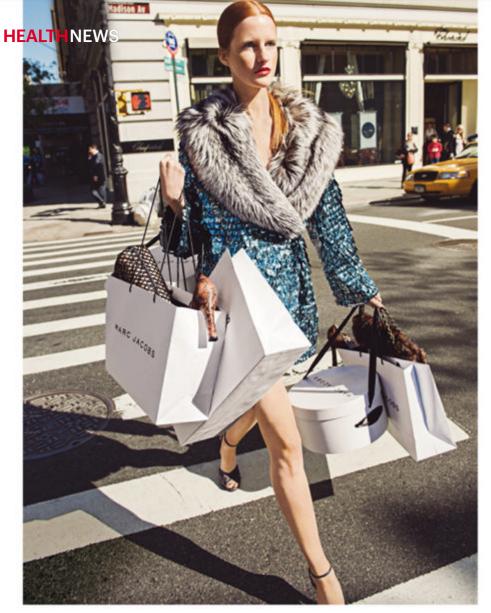
Venus.
Swirl great legs &











SHOPPERS' APPETITE

eware of shopping on an empty stomach, even if you're not buying food. People who shopped at a department store when they were hungry spent more money and bought more nonfood items than those who weren't hungry, a study has found. In another experiment, the researchers offered participants samples of office supplies; the hungrier people were, the more supplies they took. Hunger triggers a motivation to acquire, presumably as a survival mechanism, but this intention can then affect decisions unrelated to food, according to Alison Jing Xu, an assistant professor of marketing at the University of Minnesota's Carlson School of Management in Minneapolis, and her colleagues. Dieting or skipping breakfast may lead to extra spending, they point out.

TRUST BOOST

To encourage cooperation, scent the air with lavender, suggest psychologists at the Leiden Institute for Brain and Cognition in the Netherlands. Volunteers played a game in which they could keep a sum of money or give triple that amount to another person, who would then divvy it up. When lavender scented the air, as opposed to peppermint or nothing, the players handed over more money, apparently feeling assured that they would receive their fair share in return. By promoting a sense of trust, lavender could help people come to an agreement or build a communal spirit, the study authors say.

MOD

By Lois B. Morris

SERENE SLEEPING

Altering your sleep patterns might reduce anxiety, according to researchers Jacob Nota and Meredith Coles at Binghamton University in New York. Of 100 people polled, those who went to bed later and slept for shorter periods had the most severe symptoms of worry and negative thinking. Although anxiety can contribute to sleep problems, it's also possible that inadequate sleep or divergence from natural light and dark cycles makes it harder to inhibit troubling thoughts, Nota and Coles say. They cite other research showing that among people taking antidepressants, cognitive behavioral therapy for insomnia can help reduce depression. If your mind races with worry at bedtime, get out of bed to avoid associating it with anxiety and do other activities until you feel ready to sleep, Nota suggests. As you start getting tired earlier as a result of less sleep, gradually increase time in bed, he adds.





IMPECCABLE HAIR SERVICES FROM NEW YORK CITY TO LOS ANGELES

UNDER \$100

We found the freshest cuts and richest color from New York City to Los Angeles—for a song. For more reviews of salons and spas across the country, go to allure.com/salons.

NEW YORK CITY The Drawing Room New York

Mirko Vergani

148 Spring St., 212-226-2600
The place: At the top of a steep flight of stairs, this all-white salon looks like a futuristic spaceship, with rows of orb-shaped mirrors and modernist red chairs at the shampoo sinks.

The experience: Our ombré hair was brassy and grown out, so Vergani patiently applied a permanent allover color to make it look human again. We had to rake out the Toddlers & Tiaras curls his assistant gave us after the blowout, but the color was exactly what we wanted: a vibrant chestnut that faded to a paler shade near the ends. \$95 plus \$25 for blowout.

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Salon Shizen

Junko Shibata

57 N. 6th St., Brooklyn, 347-529-6517

The place: A banner of Technicolor portraits by photographer Richard Kern along one wall gives energy to this small and otherwise minimalist Williamsburg salon.

The experience: Shibata folded foils with origami-like precision to create golden highlights that gave our medium-brown hair the warmth it needed. When two pieces in the front developed brassier than the rest, Shibata did an extra toning rinse to try to correct the color. But her attempt was unsuccessful and cost \$30 extra. We ended up going home and redyeing the stubborn strands back to brown ourselves, \$70 and up (our bill: \$130 plus \$15 for blowout). ****

Fox & Jane Salon **Ritchie Andrew** 104 W. 83rd St.,

646-478-7948

The place: Hip young moms fill this laid-back eight-chair space on the Upper West Side-the salon's third Manhattan location.

The experience: Andrew cut our thick, blocky shoulderlength hair to just below our chin and removed the bulk that was causing it to pouf out on the sides. His round-brush blowout made the cut look a little bit like mom hair (and not the hip young kind), but after we mussed up the texture at home and added some waves, it transformed into a cool style. \$74 and up (our bill: \$74). ★★★☆☆

BOSTON **Kent Newton Salon**

Dana Morse

1315 Washington St., 617-426-2640

The place: The exposed pipes on the ceiling are



At Oscar Blandi Salon, Stephen Thomas's layers boost volume.

Oscar Blandi Salon

Stephen Thomas

545 Madison Ave., New York City, 212-421-9800

The place: The salon's 13 shampoo sinks and 15 stylist chairs can accommodate a full house of socialite and celebrity clients, though it never feels crowded. And floor-to-ceiling windows flood the space with natural light.

The experience: After a splashy shampoo session, with water trickling down our neck, Thomas took more care with the blunt cut of our limp, shoulder-length hair. To bring out the cheekbones we forgot we had, he blended in subtle layers around our face and finished with a blowout that left our hair shiny. Its newfound body lasted through the next day and held up later when we washed and dried our hair on our own (which took half the normal time). \$85. ***

painted white and have an industrial look, but this bright space with hardwood floors feels cheerful and even cozy. And it's always packed with a lively crowd. The experience: Unlike stylists who vaguely describe the cut they're going to do

and then give you a completely different interpretation, Morse sat down with us to explain his exact plan before he even touched a pair of scissors: four inches off the ends and layers to even out the choppiness. And he delivered. We left the salon with a silky blowout, and the new tapered layers were swingy and beautifully blended. When we air-dried a few days later, our natural curls sprang up into a full not boxy-shape. \$70. ****

PHILADELPHIA American Mortals

Nikki Horne

2101 Christian St., 267-519-2325

The place: It's the kind of place where a couple of old-timers might listen to the Phillies game-this retro space has two barbershop chairs, Barbicide jars, and an antique radio. But it's better known for feminine styles than buzz cuts, attracting just as many female clients.

The experience: Horne must be a mind reader because she seemed to know exactly how we wanted to change our blah, one-length hair, even though we had no idea. She cut layers all around our head to create texture while chatting about her favorite neighborhood spots. The cut took about an hour, but we were impressed with the airy movement she created and the blowout that showed it off. \$65. ★★★★☆

ATLANTA Akasa Salon

Lauren Leffelman

593 Edgewood Ave., SE, akasasalon.com

The place: This warehouse space has concrete floors and white cement walls; local artists showcase their jewelry, photography, and home fragrances by the front desk. The experience: The salon is in an up-and-coming neighborhood, but once we passed the construction sites and stepped inside, the space was quiet and calm. Leffelman shaped our thick curls from a bottom-heavy triangle into a more flattering shape that she cut wet and then dried with a diffuser. They fell so beautifully around our shoulders, we finally started wearing our hair down. \$60. ***



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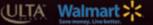
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MIAMI Hair Healers

Dania Galarce

2626 S.W. 9th St., 305-643-2252

The place: The rows of Range Rovers and Beemers parked outside this homey neighborhood spot are a sign of Galarce's popularity. Inside the salon, you'll find models, CEOs, and soccer moms sipping cafecito (very strong, very sweet espresso), flipping through issues of *¡Hola!*, and chatting away.

The experience: Galarce took one look at our toolong, too-bulky hair and suggested major layers—and a keratin treatment (for an extra \$200). The slicing and thinning made our ends bouncy and smooth, while the formaldehyde-free straightener let us air-dry without frizz for months. \$60 and up (our bill: \$80 for the cut).

CHICAGO Maxine Salon

Stacie Magana

712 N. Rush St., 312-751-1511 The place: A well-lit blur of glass, steel, and techno music creates a nightclub vibe inside this sprawling three-floor, 9,000-square-foot salon, one of Chicago's biggest and busiest.

The experience: We had several requests: lighten our espresso-brown hair, cover our roots, correct our brassy ends, and add dimension. Magana seemed undaunted by the task but advised that it might take two appointments to get the exact result we wanted. She applied a permanent dye to our roots and an allover gloss and then rinsed our hair with the salon's bluetinted shampoo to take the yellow out of our ends. The lighter-brown shade was pretty, if one-dimensional—we couldn't wait to go back for round two, which resulted in a glossy caramel color. \$80 and up (our bill: \$160 for two appointments).

DALLAS

Zen Salon Mark Reavis

3102 Oak Lawn Ave., 214-219-1400

The place: A number of Dallas's top stylists have passed through Zen at some point. In this bare-bones salon (located in an office building), stylists can rent a chair and build a following.

The experience: Reavis delivered exactly what we requested—trimmed ends, reshaped layers, and swingy side-swept bangs. And he was friendly and helpful, offering styling suggestions throughout. Our favorite: You'll get more volumizing power from your mousse if you apply it gradually, in small sections, as you blow-dry your hair. \$30 and up (our bill: \$50).

SAN FRANCISCO Atelier Emmanuel Salon & Day Spa

Claudia Londono

415 Stockton St., 415-362-8063

The place: Most of the stylists are French, so this airy salon can feel like a slice of Paris, except for the odd art made out of vodka bottles and Carmex tins.

The experience: A botched dye job had left our natural brown hair with an unattractive copper cast. Londono painted on a few baby-fine ombré highlights, then gave us two rinses with a toner to subdue it all. The coolblonde ribbons finally delivered the fresh, summery look we were after. \$66 plus \$31 for blowout.

LOS ANGELES

Salon Pure

Erika Renier

117 E. 6th St., 213-624-7873

The place: This former barbershop has two rows of red leather chairs and a steampunk vibe.

The experience: After washing our hair with a cleansing conditioner (which gave it the perfect texture to style), Renier rough-dried it, cut it with a razor, and then adjusted a few pieces using scissors. She wrangled our overgrown, almost-mullet pixie into a feathery, feminine shape that made our round face look slimmer. \$80 and up (our bill: \$68, with a first-visit discount).

Marie's Hair Studio

Marie Ferro

23710 Malibu Rd., Malibu, 310-456-5211

The place: Shell-print fabric and scattered starfish give this salon a slightly corny beach theme, but it's clean and welcoming.

The experience: We walked in expecting to get a full head of highlights to blend our mismatched roots. We walked out 30 minutes later—after picking up some entertaining Malibu gossip—with shiny, even color that Ferro achieved by lightening our hair all over and finishing with a gloss. It was a subtle change that made our hair look healthier and grew out seamlessly. \$90 and up (our bill: \$90).

Hairroin Salon

Nikki Rae Fox

1520 N. Cahuenga Blvd., 323-467-0392

The place: The movie Beetlejuice comes to mind in this Victorian Gothic, bizarrely named spot, where blackand-white stripes are the dominant design element.

The experience: Fox definitely didn't give us a rush job. She took her time—too long at almost two hours—to trim our frizzy ends and blend our long bangs into tapered layers. The cut didn't transform our long, wavy hair into a stunning new style as we'd hoped, but the look was pretty and soft. \$70 and up (our bill: \$70).

Reported by: Allure staff, New York City; Nicole Boudreau, Boston; Jolene Hart, Philadelphia; Emily Foley, Atlanta; Patricia Tortolani, Miami; Kristin Larson, Chicago; Anuradha Koli, Dallas; Renee Trilivas, San Francisco; Victoria MacMillan, Leigh Manacher, and Beth Whiffen, Los Angeles.

Bare Essentials

In the May Directory, our review of a bikini wax at Spa Habitat in Dallas contained an inaccuracy. Here is the corrected review.

DALLAS Spa Habitat

Shahla J.

3699 McKinney Ave., 214-522-9989

The place: Everything about this spa is ecofriendly and luxurious (they even gave us a lavenderscented, heated neck pillow to wear while we filled out the spa questionnaire).

The technique: Shahla's friendly questions and chatter kept us distracted while she removed each swath of wax with a swift tug, leaving no hairs behind.

The extras: A heated, cushy treatment bed that would've put us to sleep if our hair weren't being ripped out at the roots.

Bottom line: The waxing was thorough and remark-

ably painless. Days later, we didn't have a single bump or ingrown. Brazilian wax, \$80. ★★★☆



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America's Sweetheart

She's part girl next door, part world-famous celebrity. Her smile is pure Fourth of July fireworks. And every few years, she passes down her title to the next chosen one.

1914: Mary Pickford, a silent-film star, is named America's Sweetheart by impresario David Grauman. (Never mind that she was born in Canada.)

1935: Shirley Temple, a star during the Depression, inherits the mantle of America's Sweetheart and wins an Academy Award at age six.

1948: After her film debut, Doris Day becomes a darling of Hollywood and soon a so-called America's Sweetheart. 1959: Pop artist Robert Indiana paints *The American Sweetheart*, which features the names of actresses Fay Wray, Mae West, Ida Lupino, and Elizabeth Taylor.

1970s: Gymnast turned actress Cathy Rigby, who competed in the Olympics in 1968 and 1972, is one of the first female athletes elevated to America's Sweetheart. 1996: Meg Ryan beats out Sandra Bullock and gold-medal gymnast Mary Lou Retton to win the title of America's Sweetheart in a poll for Adweek.

2003: On the cover of her album *America's Sweetheart*, Courtney Love wears angel wings. She tells a reporter, "The idea of me as Mary Pickford isn't so far off."

2013: Longtime America's Sweetheart Julia Roberts (who starred in a movie titled

America's Sweethearts) praises Jennifer Lawrence, telling MTV News, "She seems cooler than [a sweetheart].... Isn't she too cool to be?"

2015: Reese Witherspoon rejects the label. "I certainly don't self-identify as anyone's sweetheart. I'm friendly, but I don't think I'm sweet. I'm honest," she says.







GLITTER WORKS

If there is ever a time and place to wear gold glitter, it's at a summer party, and it's on your lash lines. "If the party is early enough, glitter reflects the sun and brightens your eyes," says makeup artist Pati Dubroff. "If it's at night, make the look dramatic by lining just your lower lashes." (But don't line your upper and lower lash lines at the same time, since "that's full disco ball," says Dubroff.) She likes Urban Decay Heavy Metal Glitter Eyeliner in Midnight Cowboy, which has gold glitter flecks in a sheer base. "Layer it over gold cream liner so it sticks," says Dubroff (try Rimmel London ScandalEyes Shadow Stick in Gold Digger or Laura Mercier Caviar Stick in Gilded Gold). Use Scotch tape the next morning to lift the remnants of a glittery night from your skin.

TIME FOR REFLECTION

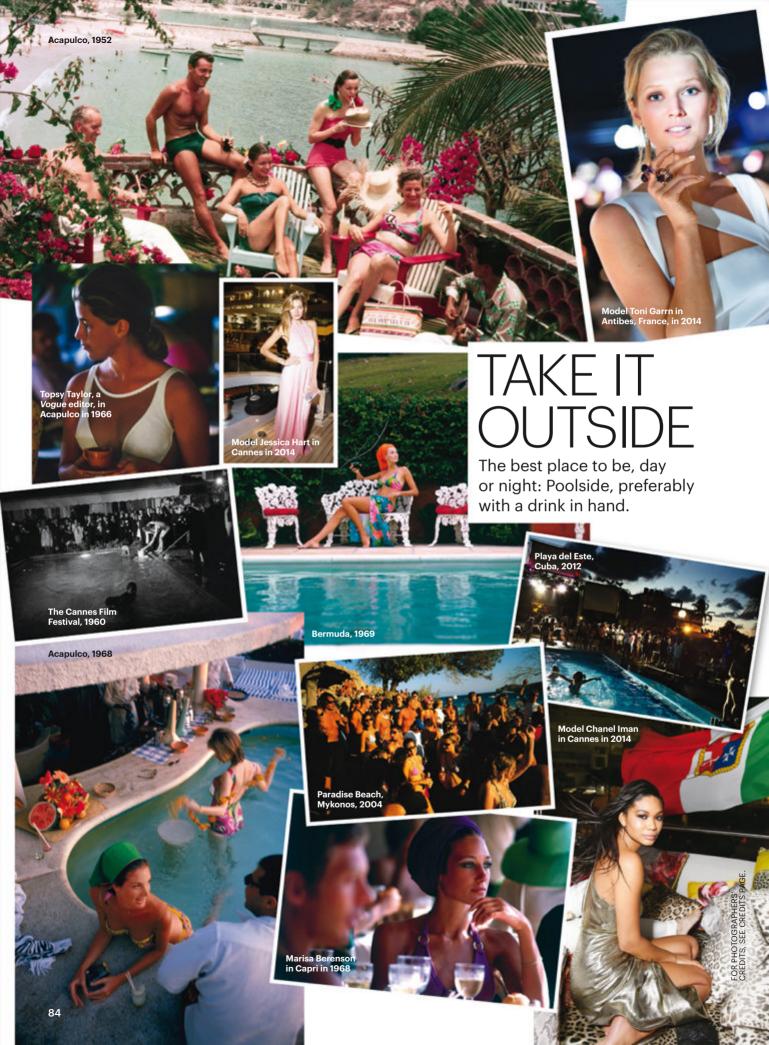
The goal for skin this summer: "Gorgeous, natural, and a little hot and sticky," says makeup artist Robin Black. For dewy skin. It's counterintuitive, but if you use a tinted moisturizer or BB cream on only certain places, it makes your skin look more glow-y than if you just slap it on everywhere. "Tap tinted moisturizer over your temples, your cheekbones, and the bridge of your nose," says Dubroff, who likes Chantecaille Just Skin Tinted Moisturizer. Prep skin with a mattifying balm in the T-zone to "make the dewiness really stand out." (Try L'Oréal Paris Revitalift Miracle Blur Instant Skin Smoother or Lancôme Visionnaire 1 Minute Blur.) If you need more help hiding imperfections, finish by dabbing on concealer with a damp makeup sponge.

For bright eyes. "I use grease to give eye makeup a wet finish at photo shoots," says makeup artist Fulvia Farolfi, "In real life, an iridescent cream shadow is just as pretty, and you can easily apply it by smudging it on with your fingers." Try a gold shade (like Maybelline New York Color Tattoo Cream-Gel Shadow in Bold Gold) or a pink or peach for slightly more color (we like Flower Color Play Crème Eyeshadow in Wild Geranium or Chanel Illusion d'Ombre Eyeshadow in Impulsion). Brush taupe powder through the crease, adds Dubroff, because eye shadow looks more polished when you are wearing two textures.

Clockwise from top: Estée Lauder Bronze Goddess Gelée Bronzer, Maybelline New York Color Tattoo Eyeshadow in Bold Gold, Flower Crème Eyeshadow in Wild Geranium, and Urban Decay Heavy Metal Glitter Eyeliner in Midnight Cowboy.

CAST IN BRONZE

If you could be sipping a Campari poolside, "why would you hole up in the bathroom doing a perfect smoky eye?" says Black. "Bronze pencil creates a quick, gorgeous subtle glow." (We like Tom Ford Eye Defining Pencil in Metallic Mink.) "Smudge it along your upper and lower lash lines to create a soft, updated version of the Brigitte Bardot look."









UP AND AWAY

There is a way to get your hot, sweaty hair off your neck without making your whole look collapse: "Loosely braid your hair so pieces are falling out, and then twist it into a bun and pin," says Ward. "The lower and messier it is, the more romantic." Pop a few bobby pins in your bag before going out so you can repin your hair around midnight.

TAKING COVER

When it gets chilly at night, burn your cardigans to stay warm. OK, fine, don't. But there's a sexier way to beat the chill, and it's an oversize, thick-knit sweater. Or better yet, an Irish fisherman's pullover sweater. Throw it on and you're basically Marilyn Monroe in Malibu. "Choose chunky cotton knits in neutral colors, like white, stone, camel, or gray," says stylist Kate Young, who loves the ones from Michael Kors.

DOWN TO EARTH

Stilettos are good for making your legs look longer. You know what else they're good for? Sinking awkwardly into sand. Or grass. Or any soft surface. Good thing some of the season's coolest sandals are flat. "You want strappy, classic leather ones," says Young, who likes styles by Ancient Greek Sandals. "They're awesome with white jeans or linen pants, and they don't scream 'designer,' which gives them an ease." If colorful shoes are more your thing, try metallic Birkenstocks instead.

A COLD ONE

If you think only guys in sports bars should drink beer, then may we suggest that you're wrong? There is no more perfect summer drink than a cold beer. Our favorites are New Belgium Skinny Dip, crisp and brewed with peach juice; Forbidden Root Sublime Ginger, which is kind of tart, thanks to Key lime; and Firestone Walker Pivo Pils, which is "hoppy and stands up nicely to anything with grill marks on it," says Lincoln Anderson of Forbidden Root, a craft brewery in Chicago. Cheers.















fter Han Solo was frozen in carbonite in the original Star Wars trilogy, he emerged feeling cranky and sick. But the people in our galaxy subjecting themselves to freezing temperatures (willingly) say they feel quite the opposite afterward: totally rejuvenated. Dozens of "cryospas" have opened recently, with small chambers chilled well below minus 200 degrees Fahrenheit. The theory: Freezing your tail off boosts energy, relieves pain, and even burns calories and builds collagen. At doctors' offices, liquid nitrogen is being used in facials to chill and smooth the skin, and fat-freezing efforts are broadening, as CoolSculpting treatments move from the belly to the rest of the body. With more icy innovation coming, it's time to separate the truth from the science fiction.

FRESH FACED

Liquid nitrogen once had the least sexy job in a dermatologist's office: freezing away warts. Then doctors realized that a lighter application could reduce inflammation and gently exfoliate to make skin more radiant. "It can also help clear breakouts because it increases the immune system's attack on acne-causing bacteria," says Doris Day, a clinical associate professor of dermatology at NYU Langone Medical Center in New York City. But there are risks: "If the nitrogen is too cold or held over the skin too long, it can lead to pigment issues, like permanent white spots," says Joshua Zeichner, the director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York City. And if you're prone to flushing, skip it: Extreme changes in temperature are a known trigger for rosacea.

FAT FREEZING

CoolSculpting—a procedure that uses cold metal panels on the surface of the skin to freeze away fat cells—is going beyond the stomach and was just approved by the FDA for fat reduction on the thighs. There are now five different CoolSculpting applicators for various parts of the body, with more on the way. "CoolSculpting can be used off-label on the arms and on fat around the chin," says Yoon-Soo Cindy Bae, a clinical assistant professor of dermatology at NYU Langone Medical Center. "Some women also ask for it just above the knees."

COLD SPELLS

Full-body cryotherapy is mind-numbingly, incomprehensibly cold (about 240 degrees below zero, give or take). When our intrepid reporter-dressed in only a sports bra, underwear, and spa-issued socks and mittens-stepped into the tiny, open-topped chamber at KryoLife in New York City, she lasted just 105 seconds before she begged to get out. (The KryoLife technician urged her to stay in for at least two minutes.) Afterward, though, she felt completely energized, as if she had drunk the world's strongest espresso without getting jittery. When bare flesh is exposed to subzero temperatures, "your body gets shocked, which constricts your blood vessels, causing shivering and that fight-or-flight response," says Houman Danesh, an assistant professor of anesthesiology and rehabilitation medicine at the Icahn School of Medicine at Mount Sinai in New York City. The rush of endorphins could explain why a few studies have suggested that full-body cryotherapy can help relieve anxiety and depression. Cold's anti-inflammatory powers have been touted by elite athletes for decades. "Extreme cold-whether standing in a cryosauna or taking an ice bath-definitely helps with aches and pains," says Clifton Page, an assistant clinical professor of orthopedics and family medicine at the University of Miami Miller School of Medicine. As for the claims that it can refresh skin, help insomnia, and cure the common cold, "that's purely anecdotal," says Danesh.

NEEDLE NEWS

"Frotox" is not really, really cold Botox or poisonous ice cream. It's the nickname for a new treatment called lovera, which uses liquid nitrogen to cool a metal probe that is then inserted into the skin to freeze nerves in the forehead. The idea is that by temporarily affecting the nerves, you may be able to relax wrinkles," says Ranella Hirsch, a dermatologist in Boston. Frotox is currently available in Europe and Canada, where it's billed as a toxin-free way to smooth wrinkles for a couple of months at a time, but it's also more invasive than botulinum-toxin injections, like Botox. "You have to use a much larger needle, so you can expect a little more swelling and bruising," says Michael Kane, a plastic surgeon in New York City. And early data shows that the line-smoothing results won't last as long as Botox injections. lovera is already used in the U.S. for pain management and is currently under review by the FDA as a wrinkle treatment.



ONE FINE DAY

Shrink the dress.
Shorten the
heels. Scale down
the bag. Eight
ways to lighten up
your day look.

EMBROIDERED LACE

Cotton-blend dress by Michael Kors. Patent-leather bag by Roger Vivier. Sunglasses by Chloé. Makeup colors: Stay Blushed Liquid Cheek Tint in Peach Flush and Show Off Matte Lip Velvet in Apollo by Rimmel London. These pages: Hair, Rolando Beauchamp; makeup, Romy Soleimani; manicure, Dawn Sterling. Model: Crista Cober. Fashion editor: Paul Cavaco. Details, see Shopping Guide.





NECK TIE NECK TIE Silk dress and crocodile bag by Gucci. Suede shoes by Charlotte Olympia. Sunglasses by Miu Miu. Makeup colors: PurePressed Blush in Mocha and PureMoist Lipstick in Sharon by Jane Iredale. Details, see Shopping Guide.



LACE BIB Silk dress by Giamba. Leather bag by The Common Knowledge. Makeup colors: Caviar Stick Eye Colour in Sugar Frost and Lip Glacé in Bare Baby by Laura Mercier. Details, see Shopping Guide.



KNIFE PLEATS
Viscose silk dress by
Hilfiger Collection.
Crocodile bag by Bottega
Veneta. Makeup colors:
Illuminance Crème
Shadow in Not Just Nudes
and ColorStay Gel Envy
Nail Enamel in Black Jack
by Revlon. Details,
see Shopping Guide.















n her lifelong quest to slim down, Mara Schiavocampo, an Emmy Award-winning journalist, swallowed everything from get-thin-quick shakes to diet pills. At one point, she even joined a food support group that forbade peas and corn and required permission from "sponsors" to eat anything at all. Nothing worked. But what she didn't lose in pounds over 23 years of unsuccessful dieting, she gained in wisdom. And the insights she shares in Thinspired: How I Lost 90 Pounds-My Plan for Lasting Weight Loss and Self-Acceptance (Gallery Books/Karen Hunter Publishing) carry the refreshing aura of been-there-tried-that truth. Having lost 90 pounds slowly over two years and kept them off for more than a year, she says, "If you want to lose weight, you have to eat fewer calories, full stop. If you're still not losing weight, eat even less. The diet industry has tried to make it sound like you can tweak your lifestyle and—voilà—you're thin. Well, guess what? You can't."

Just 25 percent of people who have lost weight are successful at keeping it off for five years or more, according to one survey—and new research is starting to explain why. The insights dovetail with Schiavocampo's: "It requires sacrifice, and it's gonna hurt."

You can't lose weight without feeling hungry. If the world were fair, our appetite would shrink when our dress size does. But our bodies, which evolved to survive in lean times, were designed to keep weight *on*, and they developed some wily methods for blocking weight loss. Take leptin, a hormone whose major function is to maintain our usual body weight by signaling when our energy stores—also known as fat—are too low. It's produced by fat cells, so as you slim down, levels drop. "As you lose weight, you're hungrier than before, you have to eat more to feel full, and your brain responds to food differently, so you have an increased drive to eat and decreased levels of restraint," says Michael Rosenbaum, a researcher in body-weight regulation and a

professor of pediatrics and medicine at Columbia University Medical Center. While leptin-based drugs may one day help circumvent the problem, for now we're left to try to trick the body into feeling full. The best methods: Eat protein with every meal, and snack on high-volume, low-calorie foods. Barbara Rolls, a professor and the chair of nutritional sciences at Penn State University and author of *The Ultimate Volumetrics Diet* (Morrow Cookbooks), calls these "low-energy-density" foods. "Our studies show that you can eat up to a pound a day more food and still lose weight if you choose things that are low in energy density and water-rich," she says. The most appealing foods on that list: broth-based soups, vegetables, beans, fish, and most fruit.

You may have to give up some really **delicious food entirely.** A few bites of a muffin or gelato feel so innocent, so manageable. But when you're in weight-loss mode, stopping eating (never easy) is harder than ever. While leptin drops when you diet (and cravings intensify), levels of ghrelin-nicknamed the hunger hormone-soar, triggering not just the appetite but also a powerful drive for high-fat, sugary snacks, says David E. Cummings, a leading ghrelin researcher and a professor of medicine at the University of Washington in Seattle. The self-defeating result: If you have one Oreo, you might not stop till the empty bag (and possibly your morale) is crumpled in the trash. "Our bodies have developed a very powerful evolutionary system honed to defeat weight loss, and one result is the urge to eat these highly palatable, highly caloric foods," he says. Some research shows that ghrelin acts on the brain's reward and pleasure centers, the same areas activated by drugs and sex, which may make avoiding binge-friendly foods easier than having a chaste bite or two. Schiavocampo gave up candy, dairy, flour, and wine on her way to a size 6—a challenge she says was "excruciating. But going cold turkey is easier than trying to stop once I start."

You're a poor judge of how much you **eat.** Who hasn't sworn to themselves that their diet was unimpeachable for days—then stepped on the scale to a nasty shock? When it comes to diet, self-deception is rampant. For instance, researchers from the University of South Carolina recently reviewed the accuracy of the self-reported calorie intakes in National Health and Nutrition Examination Survey research conducted from 1971 to 2010 and came to an alarming conclusion: Nearly 70 percent of the 34,000-plus female participants reported eating so little that their consumption was "not physiologically plausible." As in they couldn't survive on so little food. (Almost 60 percent of men seriously underestimated their intake.) "The reasons people underreport aren't completely understood; there's some evidence they don't want to admit how much they're eating, but many genuinely don't realize how many calories they're taking in,"

Vigorous exercise, in some cases, can leave you so depleted, you move far less for the rest of the day.

says Andrew Brown, a scientist at the University of Alabama's Nutrition Obesity Research Center. In studies with colleagues, he's found little evidence that eating more fruits and vegetables reliably leads to weight loss, results that are puzzling until you understand what they mean: Many (maybe most) people merely add salads and vegetables to their regular diets instead of substituting those foods for, say, rice. Brown adds, "If you're serious about losing weight, you need to get real about how much you're consuming—either by counting calories or keeping a food diary."

Exercise alone won't make you slim. "It's frustrating but true: If you just exercise and don't change your diet, you may have a modest weight loss of only a few pounds," says John M. Jakicic, the director of the Physical Activity and Weight Management Research Center at the University of

You can't add enough muscle to boost your metabolism permanently. "It's very

hard for most women to bulk up enough to make a significant difference in their metabolism," says David Nieman, a professor of health and exercise science at Appalachian State University's research campus in Kannapolis, North Carolina. Do two sets of eight to ten strengthening exercises three days a week for several months and you'll be lucky to add two to three pounds of muscle, for a total extra daily burn of up to 36 calories. That's nine baby carrots.

Once you lose it, you're not home free.

Sixty percent of people who lose weight regain it, not because they're weak or unmotivated, but because maintenance is harder than losing: "Those who weigh 120 pounds without dieting don't have to work that hard to stay there,"



Pittsburgh. "That's because most of us unknowingly compensate for the calories we burn by eating more." It's surprisingly easy to do: If a five-foot-four, 135-pound woman walks four miles in one hour (a respectably brisk, late-for-the-train pace), she burns 317 calories—just 27 calories more than a grande mocha at Starbucks. High-incineration sessions, like SoulCycle (Schiavocampo's favorite) and Barry's Bootcamp (she loves that, too), create a greater calorie deficit and, as a result, contribute more to your overall efforts, but even those hard-core workouts might not have as much impact as you'd think. Studies show that in some cases, vigorous exercise can leave you so depleted, you actually move far less for the rest of the day than you would normally, says Jakicic, who puts it into perspective this way: "You should absolutely exercise—at least 30 to 40 minutes most days—because it's good for your health and burns calories. But you need to focus your weightloss efforts on eating less."

says Rosenbaum. "But people who used to weigh 160 pounds and now weigh 120 burn fewer calories—on average about 350 a day less-so they have to eat less and exercise more." Yes, it sucks. But long-term success is possible, and proof lies in the National Weight Control Registry (NWCR), a database of people who've kept off 30-plus pounds for at least one year. Successful losers exercise an average of an hour a day, says James Hill, a cofounder of the NWCR. They adopt strategies to keep themselves on track, whether it's counting calories or weighing themselves daily. "And not having cheat days appears to be important," says Victoria A. Catenacci, an assistant professor of endocrinology, metabolism, and diabetes at the University of Colorado Denver. Find a way to eat and exercise that you can stick with for the long run. And don't give up. "Most people in the NWCR failed many, many times before they finally were successful," says Hill. "In my mind, they're heroes." •





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ometimes an actor is so perfectly matched to a juicy, star-making role that you just can't imagine anyone else as that character. Think of Sarah Jessica Parker as Carrie Bradshaw, James Gandolfini as Tony Soprano, Joan Collins as Alexis Carrington. As *Empire* embarks on its second season, Taraji P. Henson's cheeky, sassy portrayal of Cookie Lyon belongs on that list.

As Cookie famously put it, Henson is here to get what's

hers—and she is relishing her new status as a pop-culture icon. "I've had so many false starts," says Henson, who got her first break in 2001 in *Baby Boy*. "As early as then, people said, 'You're going to be a big star!' If I believed all that hype, I'd probably be in a rubber room going nuts." And while she has had her share of disappointments over the years—leading roles she didn't land, movies that didn't get the attention they should have—these have propelled her forward. "If it's easy, what story are you going to tell?" Henson asks sweetly. "Nobody wants to hear about how easy it was. That doesn't inspire anyone."

Henson's story is certainly inspirational—and possibly preordained. Her father predicted her success before he died of liver cancer in 2006, the same year she earned acclaim for her role as a pregnant prostitute in *Hustle & Flow*. "He looked at me and said, 'This ain't nothing.... You're going to be a *sensation*,'" Henson says, recalling one of her final visits with him at the hospital. "I mean, he looked off as if he saw *this moment* happening now."

Three years later, she was nominated for a best supporting actress Oscar for *The Curious Case of Benjamin Button*, and while the A-list was still a few letters away from her, Henson worked steadily, including a few seasons starring as a detective on *Person of Interest*. But it was only recently that she embodied the one-woman tour de force who has spawned a cottage industry of Team Cookie T-shirts and "I'm here to get what's mine" wineglasses and mugs. "*Cookieee*," Henson says in a low growl. "Who knew she was going to take over the world?"

People often ask Henson if she's anything like Cookie, and there are some parallels, to be sure. Like Cookie, Henson is a visionary, but only Henson has a vision board, where she posts her aspirations—to be on the cover of every major fashion magazine, for example. They are both born producers: Henson recently started Move Mountain Productions, in honor of her distant relative Matthew Henson, the first African-American to explore the North Pole. Currently, she is developing a civil-rights project that feels all the more timely in light of police brutality across the country. "With these young black boys unarmed, getting killed left and right by the cops, I just think we need to revisit that," says Henson.

But despite her character's deep appeal to the female population, Henson says her portrayal of Cookie is not, in fact, modeled on any woman in her life. "She's based on my dad," says Henson, whose parents split up when she was a toddler. When she was growing up as an only child in Southeast Washington, D.C., Henson adored her father, a city-employed metal fabricator who later lost his job and lived out of a van. "He shot straight from the hip. He said whatever came to mind, and most times it was the truth. You either love or hate a person like that," she says. (Henson is a straight shooter herself. Don't be timid about asking her age. "I'm 44. It's no secret," she says.) Her mother, Bernice, worked her way up from tagging merchandise for a department store to becoming one of its managers. "I come from a family of hard workers," says the actress, who moved

Beauty Call

Henson, unlike Cookie Lyon, is a natural-hair and minimal-makeup girl. Then again, she does have a "glam room" in her house. "It's where I go and play. If I hadn't gone into acting, I probably would have been a cosmetologist," she says.

What's on your face right now? "My moisturizer, by Paul Scerri. These [she bats her eyelashes] are extensions. That helps with not feeling like you have to do anything to your face."

What's your biggest skin issue? "I break out. My problem is not picking. I try to pick the right way."

What's your favorite makeup? "My makeup artist has this amazing highlight/contour stick: Perfect Blend [by Ashunta Sheriff]. Sometimes I just cover my dark circles, contour my cheekbones, throw on bronzer, and I'm out the door."

What's your biggest hair concern? "My hair is very curly, very different from when I blow-dry and straighten it. With humidity, it will convert back to its curly state. So I can't sweat. I have to be really still and stay in the cool."

What's your best hair trick? "I wrap it in a scarf at night to keep it straight."

What's one beauty ritual you must do before a romantic night? "I wash my hair because I love how it moves when it's clean, fluffy. It's just girlie and playful."

with her mother to Maryland after they had been robbed twice in their old neighborhood. "I lived in the hood. I understand that game."

After finishing high school, Henson began working her way through college, first at North Carolina Agricultural and Technical State University, where she planned to become an electrical engineer, and then at Howard University, where she studied theater. Between classes, she did hair in her apartment, charging \$20 a head. "Oh, yeah, I knew how to hustle and make money. We used to do wet sets.... I bought a hooded dryer, and I had my box of rollers," savs Henson, who also taught herself to do nails. "I could have gone to jail; I had no license whatsoever. But it was just my friends. They were like, 'Girl, hook me up." (Occasionally, Henson still does her own nails. "If I get bored, I'll put a full set on," she says.)

During her junior year, Henson became pregnant with her son, Marcel. (Tragically, her ex, Marcel's father, was murdered when Marcel was nine.) She kept singing and dancing into her second tri-



mester, but when she graduated, it was as a mother with student-loan debt and no job. Henson's father was the one who encouraged her to go to Hollywood in the mid-'90s, and in 2001, she landed that part in Baby Boy, opposite Tyrese Gibson. Her role as a struggling unmarried mother was one that she understood well but didn't want to play forever-onscreen or in real life. She has spent much of the past 14 years fighting for what she does want: quality roles, better pay, and, most of all, respect. To this day, people still speculate about whether Henson and Gibson were romantically involved, but she says she simply had other priorities. "I always wanted to be known for my work. Not who I dated. Not who I slept with.... I have a gift, and my gift is acting," Henson says. "I started in the business at 26 with a kid, so I was smart enough to know reality from fantasy. I didn't want to blur the lines. This is a job that I have to do. I cannot get caught up in it. And if I sleep with these guys, why would they want to work with me again?"

Why wouldn't they? "The conquest is up," she elaborates. "Now I'm just used-up—" she mouths the last word, which, let's just say, starts with a p.

You could argue that any actor who would lose respect for a woman after sleeping with her is not worth much respect himself. Still, this is Henson's story, and it's one of survival in an industry that both rewards and punishes women who mix work with pleasure. "You have to stay professional. It is a business," she says. "I'm not letting no knucklehead dude come between my hard work and my money."

She whips out her phone, showing me a photo of her that Gibson posted on Instagram, along with a caption he wrote congratulating her on earning her success "the right way," as he put it. "He goes into this whole thing about how I never slept around to get where I am. 'Young ladies, take note...people love her for her work.' I mean, it was like a love letter. I cried. But if I'd slept with him, would he have posted something like that?" she asks. "When you don't sleep with them, the chemistry's still there, see?"

hile shooting *Hustle & Flow*, she maintained a similarly professional distance from Terrence Howard, her *Empire* costar, with whom she is also close. By now, Howard's legal problems have been well documented: Several

women, including two ex-wives and an ex-girlfriend, have accused the actor of violence. While Henson doesn't speak to those specific issues, she simply says, "Let's pop the trunk to your life and see what's dysfunctional and what's bad.... At the end of the day, we're all human and we got flaws and we got shit."

As a performer, she has always felt comfortable with Howard. "I just know him. We trust each other. There's no weird energy," says Henson, who suggested Howard for



Senior year of high school "I came up with that hairstyle. I was going to a woman who could cut like nobody's business, and it was in a hair salon in the mall, so people could walk by and see. When she cut this, we drew a crowd. It was, like, four different hairstyles on one head!'



At a benefit in Los Angeles "That's me, ghetto fabulous. I was so happy with that outfit. That was before my publicist was like, 'OK, let's talk about the carpets.' She was trying to convert me to a more chic look. I fought it. Now, looking back, I get it, but you've got to grow. Angelina Jolie—go back and look at her early pictures, you know? That's what's beautiful about watching someone's entire career and their style transformation."

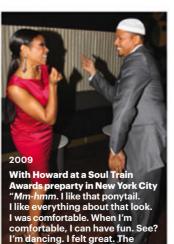


At the TNT Black Movie Awards in Los Angeles "This is the first award I won for Hustle & Flow. I just remember feeling really beautiful that day. I think I did my own hair. Hot-curled it and pinned it and then took it out. I may have done my own makeup, too. I couldn't afford glam."





At the Image Awards in Los Angeles "I used to rock a bob in college. People would always mistake my hair for a wig. And guys, being stupid, would snatch a girl's wig off and put it on their heads. They tried, and I'm like, 'This is my hair!'



dress looks great on my body."

At a PETA party in New York City Allure: "Cookie wears fur." Henson: "She also sold crack. Things that I don't do. I called PETA and said, 'I do not judge my characters. But you've got to know, in between scenes I'm like, 'Get this damn dead animal off of me."



THIS PAGE AND OPPOSITE PAGE: FOR PHOTOGRAPHERS' CREDITS, SEE CREDITS PAGE

the role of her ex-husband, Lucious Lyon, early on. "We're totally comfortable and uninhibited with each other. We are competitive but friendly competitive. We challenge each other. We like to battle each other. We like to compete, even in scenes. He's always like, 'You stole that scene from me!'"

Now networks are studying the *Empire* effect, trying to duplicate the astonishing ratings success of the show, which, among other things, has proved that viewers in America want to see more diversity onscreen. For Henson, that has always been the goal: to reach as many people as possible, whatever their age, sexual orientation, or skin color.

"I've always said that I didn't want to be just 'a black actress.' I have friends who aren't black. They get me. They like me. No one cares about color or whatever. I want my audience to be broader. I want my audience to look like my friend base."

That's finally happening, thanks in part to *Empire*. "People are get-

Those Clothes!

You know a television character is indelible when her name can be used as a verb. "Taraii owns the character." savs Rita McGhee, Empire's costume designer. And together, she and McGhee "Cookie-fy everything she wears." That takes seguins-lots of seguins. It's a look inspired by crime bosses, female bosses, and occasionally Diana Ross, and some of the clothes are on loan from hip-hop moguls, including Monique Mosley (the business partner and wife of Timbaland, Empire's executive music producer). "She lent us one of my favorite dresses, a one-of-a-kind zebra-print dress by Balmain," says McGhee. Henson's nails get Cookie-fied, too. "They're long and stiletto-shaped, and they're her own natural nails." savs Calandra Lamb Rhodes, the manicurist behind the looks. "Taraji likes dark colors, like plums and blacks. I usually use OPI Black Onyx, Gelish Plum and Done, or CND Wildfire on her" And it wouldn't be a Cookie manicure without some rhinestones: "We bling her out." -ELIZABETH SIEGEL

ting it. It's translating," she says. Henson is proud of how the show handles a range of themes affecting different communities, referring to the character Jamal Lyon's coming-out story as an example: "It doesn't matter that the people who are portraying these characters are black. People are gravitating toward it because it's forcing [them] to have conversations they weren't necessarily having before."

Henson is about to head to Europe to promote the show, following a bidding war that she hopes will help spread *Empire* even further, to more and more people. "I'm just so excited about where I'm headed—London and Paris. I've never been," says the star, who, by the way, is currently working on her memoirs as well as thinking about future films. "I want my comedy," she says. "I think I've proven to myself after hosting *SNL* that I'm funny."

"I dream big," she says, and smiles. "Why dream small?" ◆





With Common at a
Grammys party in Los
Angeles "He just
reached out to me the
other day and wished
me well and was like,
'I'm proud of you.' He's a
great guy. Nothing bad
to say about Common."



With Don Cheadle in Talk to Me
"I'm a '70s baby, so I love the
Afros, when black people were
into natural hair. That was my
favorite movie. And I hate that it
didn't do as well as it should have."



With her son, Marcel Henson, at a screening of From the Rough in Hollywood "Me and my boo-boo. Love that picture. They made him smile because he always tries to be cool. That's my baby. That's my heart. That's my everything.



On Empire "As soon as I put [that outfit] on, I could hear [Curtis Mayfield's "Pusherman"]: 'I'm your mama, I'm your daddy...' I just felt like the female mack. I remember walking through the office like, Yeah, I'm a pimp."





On Empire "When I turned around and said, 'This is a real ass. that was not scripted. No one was expecting it. They always give me options [with wardrobe], and I always pick what I feel good in. I put that [lingerie] on. and I said. 'This is it.'



SHOPPING GUIDE

Cover: J. Mendel Lurex chiffon dress. \$8,500. J. Mendel, N.Y.C. 212-832-5830. Cover Look, page 26: Temperley London sequined silk dress, \$4,450. Temperleylondon.com. Paul Andrew leather sandals, \$895. Shop bop.com. Alexis Bittar rings, \$145 each. Alexisbittar.com. Fashion Cravings, page 52: Tory Burch cottonblend sweater, \$250; silk shorts, \$250; leather shoes, \$350; cotton-blend bag, \$595; necklaces, \$150 each; and belt, \$125. Tory Burch stores. Summer Shade, page 81: Halston Heritage silk spandex dress, \$445. Halston.com. Hervé Van der Straeten earrings, \$402. Net-a-porter.com. Mikoh bathing suit, \$208. Mikoh.com. Dries Van Noten sunglasses, \$380. Linda farrow.com. Page 82: Giambattista Valli silk dress, \$4,895. By special order at Capitol, Charlotte, North Carolina. 704-366-0388. Eddie Borgo earrings, \$325. Net-a-porter.com. Page 85: Cédric Charlier polyester dress, \$1,495. Shopbop.com. Robert Lee Morris cuff, \$625. Robertlee morris.com. Rachel Zoe silk dress, \$595. Nordstrom.com. BCBG Max Azria silk dress, \$748. Bcbg.com. Carrera sunglasses, \$139. Solstice Sunglasses stores. Page 86: Diane von Furstenberg silk polyester dress, \$798. Dvf.com. WCM New York belt, \$85. Wcmnewyork.com. Hervé Van der Straeten earrings, \$627. Net-aporter.com. Hermès swimsuit, \$520. Hermès stores. Charlie by Matthew Zink swim trunks, \$195. Charliebymz .com. Gucci watch, \$1,090. Gucci stores. Page 89: Michael Kors cashmere sweater, \$2,495. Select Michael Kors stores. One Fine Day, page 98: Michael Kors cotton-blend dress, \$3,995. Select Michael Kors stores. Roger Vivier patent-leather bag, \$1,975. Roger Vivier, N.Y.C. 212-861-5371. Chloé sunglasses, \$346. Marchon.com. Page 99: Miu Miu crepe de Chine dress. \$2,815. Select Miu Miu stores. Calvin Klein Collection patent-leather shoes, \$845. Calvin Klein Collection, N.Y.C. 212-292-9000. Michael Kors leather bag, \$895. Select Michael Kors stores. Page 100: Gucci silk dress, \$3,700, and crocodile bag, \$8,500. Select Gucci stores. Charlotte Olympia suede shoes, \$945. Charlotte olympia.com. Miu Miu sunglasses, \$330. Sunglasshut.com. Page 101: Giamba silk dress, \$1,285, Scoop, N.Y.C. 212-925-3539. The Common Knowledge leather bag, \$480. The common knowledge.us. Page 102: Hilfiger Collection viscose silk dress, \$460. Tommy Hilfiger, N.Y.C. 212-223-1824. Bottega Veneta crocodile bag, \$6,250. Bottega Veneta stores. Page 103: Valentino silk dress, \$3,890. Valentino stores. Page 104: Bottega Veneta crepe de Chine dress, \$2,250; cashmere silk cardigan, \$1,750; patentleather shoes, \$890; snakeskin bag, \$3,400; and belt, \$880. Bottega Veneta stores. Page 105: Fendi silk dress, \$2,400. Fendi, N.Y.C. 212-897-2244. Hear Her Roar, page 110: Temperley London sequined silk dress, \$4,450. Temperleylondon.com. Paul Andrew leather sandals, \$895. Shopbop.com. Sequin earrings, \$98. Sequin-nyc .com. Alexis Bittar rings, \$145 each. Alexisbittar.com. Page 113: Dsquared viscose rayon dress, \$3,295. Dsquared, N.Y.C. 212-966-3487.

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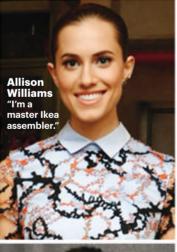
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